

VANCOUVER metro®

Big debt? No problem

Two-thirds of post-secondary students say they can pay down debt within five years: Poll **PAGE 9**

Pot campaign 'not partisan'

Health minister denies that feds' marijuana campaign is aimed at Justin Trudeau **PAGE 4**

LOOKS LIKE FAME HAS GONE TO HIS HEAD

THANKFULLY, MICHAEL FASSBENDER'S HIDEOUS VISAGE IS COVERED BY A PAPIER MÂCHÉ HEAD IN HIS NEW FILM FRANK **PAGE 11**



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A drone not unlike this one was recently spotted flying around residential towers near Rogers Arena.
SAM SMITH/METRO FILE

Camera drone caught flying by apartments

Privacy. One resident none too happy with 'whole other level of personal-space violation'

Conner Galway was eating dinner on the patio of his 36th-floor apartment near Rogers Arena on Sunday night, when he heard a buzzing sound.

"The buzzing got louder and louder, to the point I thought it was a big pack of bees," Galway told Metro.

Instead, Galway was surprised when a drone, equipped with glowing lights and a darting camera, popped up about 10 feet away from his balcony. It was an unexpected visit that raised questions about privacy and legalities surrounding the fast-expanding use of drones.

While Galway expects some

people might use binoculars to peer into the glass towers nestled side by side in the Cross-town area, the drone felt too close for comfort.

"It's a whole other level of personal-space violation when something is a few feet away from you," Galway said. "There's kind of this feeling of helplessness — there's nothing you can do."

The drone hovered by the balcony for a couple of minutes, flew around neighbouring towers for about 45 minutes, and then returned again around midnight, Galway said of the incident, which he documented on Twitter and YouTube.

He reported both incidents to the non-emergency police line, but said he didn't get much response.

Flying a drone for recreational use within city limits is not technically illegal, accord-

ing to Transport Canada regulations.

Recreational drone users must obey model-aircraft regulations, which prohibit flying anywhere that could pose a hazard to aviation safety, according to Transport Canada spokeswoman Sau Sau Liu.

Anyone who wants to fly a drone for commercial purposes, such as filming an advertisement, must apply for a Special Flight Operations Certificate.

But that doesn't mean drones can't break other laws that don't specifically govern their use.

Police would investigate the use of a drone if it amounted to a criminal offence, such as filming someone who had a reasonable expectation of privacy or negligently causing property damage or injury, VPD spokesman Sgt. Randy Fincham said in an email. **EMILY JACKSON/METRO**



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Kirk LaPointe

NPA accused of flip-flop on Arbutus corridor

Vision Vancouver is accusing NPA mayoral candidate Kirk LaPointe of flip-flopping in his comments on the Arbutus corridor, the 11-kilometre stretch of land, subject to a decade-old real estate battle between the city and CP Rail.

LaPointe, Mayor Gregor Robertson's top rival thus far in the campaign leading up to the Nov. 15 municipal election, wrote on his campaign blog Sunday that the city's offer to purchase the land for \$20 million is a "lowball opening bid."

The view appears to be at odds with an earlier comment he posted on Twitter in July that the city's approach was "when in doubt, spend their way out."

"LaPointe is making a really risky comment that we didn't come in with enough money," Vision Vancouver Coun. Heather Deal said Monday.

The city believes the land is worth \$20 million, based on its zoning as a transportation corridor, Deal said.

CP reportedly wants \$100 million for the property, which runs through prime real estate and would be worth much more if rezoned for other purposes.

LaPointe defended himself in an interview, saying Vision distorted his comments.

Explaining that the July tweet also referred to a quickly hatched city plan to buy Granville Island, LaPointe said his point was that "they threw money at the situation because they didn't have a plan and they didn't consult the community."

Before entering negotiations for the land, LaPointe said, he would have asked the community what it wanted to do with the property.

The politics matter little to the gardeners, watching their hard work getting torn down before harvest season.

EMILY JACKSON/
METRO

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Contents from a tailings pond are pictured going down the Hazelton Creek into Quesnel Lake near the town of Likely, B.C. on Aug. 5. JONATHAN HAYWARD/THE CANADIAN PRESS

Panel set to review tailings pond breach

Investigation. Province's 60 metal and coal mines will also undergo inspections

The British Columbia government has ordered every mining operation in the province to conduct safety inspections following a massive tailings pond breach at a gold and copper mine.

Mines Minister Bill Bennett said Monday those audits have to be completed by Dec. 1 and must be reviewed by outside engineering firms. There are currently 98 tailings ponds at 60 metal and coal mines in B.C.

He also appointed a three-member panel to conduct an independent investigation of the dam failure in the central Interior region.

"Everything is on the table — government regulations, government policies, how we

do business is on the table," Bennett told reporters.

"This independent review will get at what happened and whether our processes were adequate, and whether the mine's processes were adequate ... all those kinds of things will be looked at in this case."

Calling the incident a disaster, the minister said the independent inquiry will be paid for by Imperial Metals, owner of the Mount Polley mine where two weeks ago 10 million cubic metres of waste water and 4.5 million cubic metres of silt poured into a network of salmon-bearing lakes and rivers near Likely, 600 kilometres northeast of Vancouver.

Bennett said the panel of geotechnical engineers and mining experts will investigate the cause of the failure, as well as provincial standards, the design and maintenance of the dam, and inspection regimes. The panel will have the authority to compel testimony and

evidence, and will make recommendations by the end of January 2015.

This investigation is in addition to a probe already underway by the province's chief inspector of mines and Conservation Officer Service.

So far, there are no leading theories for the collapse, Bennett said.

"This shocked everyone, I think, especially the engineers who were responsible for the dam," he said. "It's not like these tailings dams are way up in the middle of nowhere and nobody pays any attention to them. They're monitored 24 hours a day, seven days a week."

Bennett said he will take full responsibility if the panel finds his ministry was at fault, without elaborating.

The province announced an agreement with two area First Nations that will see the Williams Lake and Soda Creek Indian bands each receive \$200,000 to cover costs associated with the spill, such as hiring experts for their own water tests and hosting community meetings.

The bands will also receive the independent investigation report prior to its public release.

Toxicity tests

B.C.'s Environment Ministry said over the weekend that initial toxicity tests on the slurry from the mine show the waste poses no risk to humans but may harm aquatic life.

- Testing will continue for an undetermined period of time.

The Association of Professional Engineers and Geoscientists of BC, the B.C. Green Party and the Opposition New Democrats all welcomed the inquiry.

But appointing a panel does not equate full accountability, said Norm Macdonald, the provincial New Democrats' mining critic.

"The minister must wait to hear what the panel says before finding his ministry free from blame, and he must also immediately release all permits, requests, reports, and inspection documents related to Mount Polley, and pledge to release all documents uncovered by the investigation, along with the report, as soon as they are available," Macdonald said in a statement. **THE CANADIAN PRESS**

Quoted

"Everything is on the table — government regulations, government policies, how we do business is on the table."

Mines Minister Bill Bennett

Yuk Yuks. Rob Schneider brings comedy fundraiser to Vancouver for a friend

Comedian and actor Rob Schneider is bringing the laughs to Vancouver to help bring a smile to the face of his longtime friend, Canadian screenwriter Boon Collins.

Schneider, best known for his Deuce Bigalow movies and stints on Saturday Night Live, is taking part in a comedy fundraiser show Tuesday at Vancouver comedy club Yuk Yuks to help raise funds for Collins, who recently underwent a life-saving liver transplant.

Collins' son Darcy, also a comedian who is hosting the comedy night, said his dad was airlifted to Vancouver General Hospital on July 7 and underwent the emergency transplant the same day.

"My dad has had an undiagnosed case of hepatitis C for years," he told Metro.

Although his dad is doing well today, the emergency surgery saw his parents suddenly uprooted, with little to help

them cover the expected costs of relocating to Vancouver for his recovery.

When Schneider found out, Darcy said the comedian immediately offered to help.

"He's just such a cool guy that he wanted to come over here, see dad, and do a benefit show," Darcy said. "He's paying for all of it out of his pocket."

Schneider and Collins met while the two were trying to make it big in Hollywood. Although Collins, who co-wrote Schneider's 2010 film The Chosen One, eventually returned to Canada, Darcy said the two stayed close throughout the years.

"I guess Rob liked having an honest Canadian around," he said. "They just kind of clicked."

The special benefit show takes place 8 p.m. Tuesday at Yuk Yuks. Tickets are \$20 plus tax, available at the door or online at yukyuks.com.

THANDI FLETCHER/METRO

New research

Antibiotics may increase risk of allergies: Study

Taking certain antibiotics as a child can increase the risk of developing some allergic diseases later on in life, according to the latest research from the University of B.C.

The study, led by UBC medical genetics professor Kelly McNagny, is the first of its kind looking at how different antibiotics impact good bacteria that live in the gut, which he said could open up the doors to developing a probiotic that contains the best types of bacteria for boosting

immunity.

The latest UBC study followed previous research in mice that revealed that those treated with vancomycin, a broad-spectrum antibiotic given intravenously to treat serious infections, were more susceptible to developing allergic asthma.

The researchers found that streptomycin had a long-term effect on the bacterial ecosystem in the guts of mice given the antibiotic, which increased the susceptibility to developing the allergic disease.

"Overusing them (antibiotics) really wouldn't be something that I would recommend," McNagny said.

THANDI FLETCHER/METRO



A screengrab of a friendly sea otter whose playful antics caught the attention of beachgoers at Vancouver Island's Cadboro Bay. YOUTUBE.COM

Man's new best friend?

Cadboro Bay. A YouTube video featuring a sea otter is making the rounds online



THANDI FLETCHER
thandi.fletcher@metronews.ca

A video of a friendly sea otter spotted in Vancouver Island's Cadboro Bay is making a splash online, but marine-wildlife experts are warning beachgoers to keep their distance.

In the video, posted on YouTube on Aug. 10, the wild sea otter swims on its

back along the shoreline before making its way to an unidentified man standing knee-deep in the water. The playful animal swims around the man and then climbs up his legs as a crowd gathers to take in the spectacle.

"This is the coolest thing ever," said a woman whose voice seems to be coming from behind the camera.

Tessa Danelesko, co-ordinator for the B.C. Cetacean Sightings Network at the Vancouver Aquarium, said the sea otter's behaviour is unusual.

Sea otters were hunted for their valuable furs to the brink of extinction in the late 1800s, and were listed as

an endangered species until 2007.

"Because of that they're typically quite shy around people and boats," Danelesko said.

But, Danelesko said, now that the population is recovering, several young male sea otters have been spotted exploring outside their typical range, as far south as Vancouver.

Danelesko urged people who come across sea otters to keep their distance and not touch or swim with the animal, even if it approaches them. Marine mammal guidelines suggest keeping a distance of 100 metres, she said.

Wildlife can be unpredictable; an animal could claw or bite someone who gets too close, she said.

"No one wants to get bit by an animal, especially sea otters," she said. "They naturally eat foods that are very hard and crunchy, like shellfish or urchins, so they particularly have very impressive teeth that I wouldn't want to get anywhere near."

If sea otters become habituated to humans and are deemed a nuisance, she said, they might need to be relocated or put down.

"As cool as it is, it's best to just respect animals when we're in their habitat or sharing their habitat," she said.



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Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?

Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign, and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising cam-



Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

paigned directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doc-

tors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it and I encourage them to not prescribe it if they're not comfortable with it."

taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads

that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than one-third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

"Even the best-protected

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff Debrosse, director of security research at U.S.-based security company Websense

networks have regular security incidents," says Jeff Debrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Medicine. Health Canada changing labels on opioid painkillers to stress risks

Health Canada has changed the labelling for controlled-release opioids in a bid to make clear the risks and safety concerns of the pain medications.

The department says the new labelling spells out more clearly the potential problems related to the drugs and to encourage more appropriate prescription of the medication.

The new labelling drops reference to use of the drugs for moderate pain, stressing that they are meant to be prescribed for pain severe

enough to require daily and continuous opioid treatment.

An Ontario study released earlier this summer found that fatal overdoses from drugs such as oxycodone and morphine have soared over the past two decades as use of the addictive and highly potent painkillers has expanded.

Health Canada says that while the drugs provide effective pain management, they can induce serious health risks, and says the label changes are an attempt to reduce these risks. THE CANADIAN PRESS

Oilpatch leads Canada with highest pay hikes: Survey

Canada Compensation Planning Survey.

Consulting firm Mercer says average base salary is expected to increase three per cent next year

For the biggest pay hikes in Canada, look no further than the oilpatch.

The energy sector continues to lead the country in both actual and projected sal-

ary increases, according to a survey released Monday by global consulting firm Mercer.

The average base salary increase across the country is expected to be three per cent next year, the same as in 2014.

But in the energy sector, the pay bump is forecast at 3.7 per cent in 2015 after an actual 3.9 per cent increase this year.

Mercer has conducted its Canada Compensation Planning Survey for more than

Pay hikes

"Companies just, in general, are feeling more stable and more confident about their outlooks."

Allison Griffiths, with global consulting firm Mercer.

two decades, compiling responses from nearly 700 organizations across Canada.

For the past five years, the trends have been stable both at a national level and amongst different industries, Mercer's Allison Griffiths said.

"Companies just, in general, are feeling more stable and more confident about their outlooks," she said.

When the energy sector is removed from the mix, the national average projected salary increase drops to 2.9 per cent. That effect is more

pronounced in energy-rich Alberta and Saskatchewan.

On the other end of the spectrum, the transportation, equipment, consumer goods and retail/wholesale industries are expected to see the smallest salary increases at around 2.6 or 2.7 per cent.

While base salary is an important component in attracting and retaining talent, it's important to make sure employees understand in other ways that they're valued, she said.

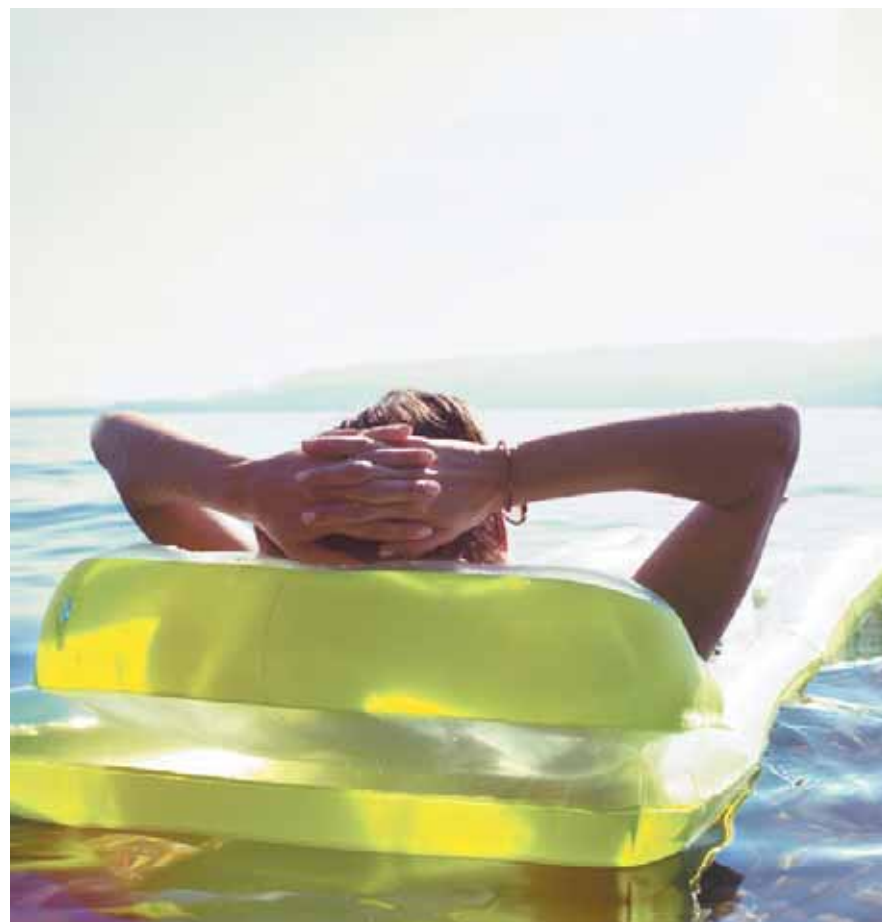
Another important aspect

is making sure employees are aware of opportunities for advancement within their organization. With the economic outlook stabilizing, companies are becoming more focused on putting so-called "career frameworks" in place.

Demographics also has a lot to do with it, said Griffiths.

"The younger generation definitely wants to know more and wants more transparency around their career potential."

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WikiLeaks. Assange may leave embassy protection

WikiLeaks founder Julian Assange sowed confusion Monday with an announcement that appeared to indicate he was leaving his embassy hiding place, but his spokesman later said the impasse over his extradition would have to be resolved first.

Assange made the comments during a news conference at the Ecuadorean Embassy in London after a

meeting with Ricardo Patino, Ecuador's foreign minister.

Kristinn Hrafnsson, the WikiLeaks spokesman said that what Assange meant to convey was that he was ready to leave the embassy as soon as the British government gave him the guarantees he was seeking, namely the right to travel freely to Ecuador, where he has asylum.

THE ASSOCIATED PRESS



Janmashtami celebration

Indian youth make a human pyramid to reach and break the "Dahi Handi," an earthen pot filled with yogurt, as they celebrate Janmashtami on Monday in Mumbai, India. Janmashtami is the festival that marks the birth of Hindu god Krishna. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Three-city trip in future? Pope hopes to visit U.S.

Pope Francis has confirmed he wants to go to the United States next year and is considering a three-city trip in September 2015: Philadelphia for a family rally, Washington to address Congress and New York to speak at the United Nations.

Francis said there was a proposal to tag Mexico onto the trip so he could visit the Madonna of Guadalupe shrine beloved by Mexican Catholics,

"but it's not sure."

Francis made the comments Monday while returning from South Korea.

Asked about his 2015 travel plans, he said: "Next year I'd like to go to Philadelphia for the family meeting. I was invited by the president of the United States, by the American parliament and the secretary-general of the United Nations."

THE ASSOCIATED PRESS

Teen may have had hands up when shot: Pathologist

Michael Brown. The unarmed 18-year-old was shot between six and eight times

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was

hit in the head and chest.

The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical examiner Dr. Michael Baden. "It verifies that the witness accounts were true: that he was shot multiple times."

He said Brown's mother

"had the question any mother would have: Was my child in pain? Dr. Baden shared with her, in his opinion, he did not suffer." He also noted that Brown had abrasions on his face from where he fell to the ground, but "otherwise no evidence of a struggle."

Baden said there was no gunpowder residue on Brown's body, indicating he was not shot at close range. However, Baden said he did not have access to Brown's clothing and that it was possible the residue could be on the clothing.

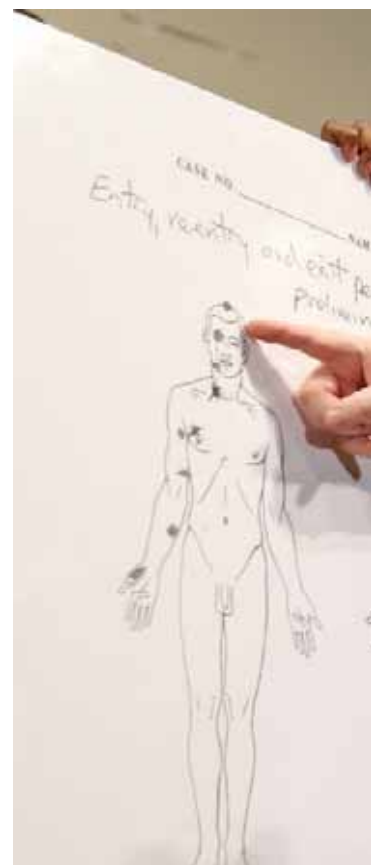
A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

U.S. Attorney General Eric Holder has ordered a federal medical examiner to perform another autopsy.

THE ASSOCIATED PRESS

Two autopsies

- Forensic pathologist Shawn Parcells, who assisted former New York City chief medical examiner Dr. Michael Baden during the independent autopsy, said a graze wound on Brown's right arm could have occurred in several ways. The teen may have had his back to the shooter, or he could have been facing the shooter with his hands above his head or in a defensive position in front of his face.
- The pathologists said Brown, who was also shot four times in the right arm, could have survived the other bullet wounds.



Dr. Michael Baden points to an autopsied body during a news conference.

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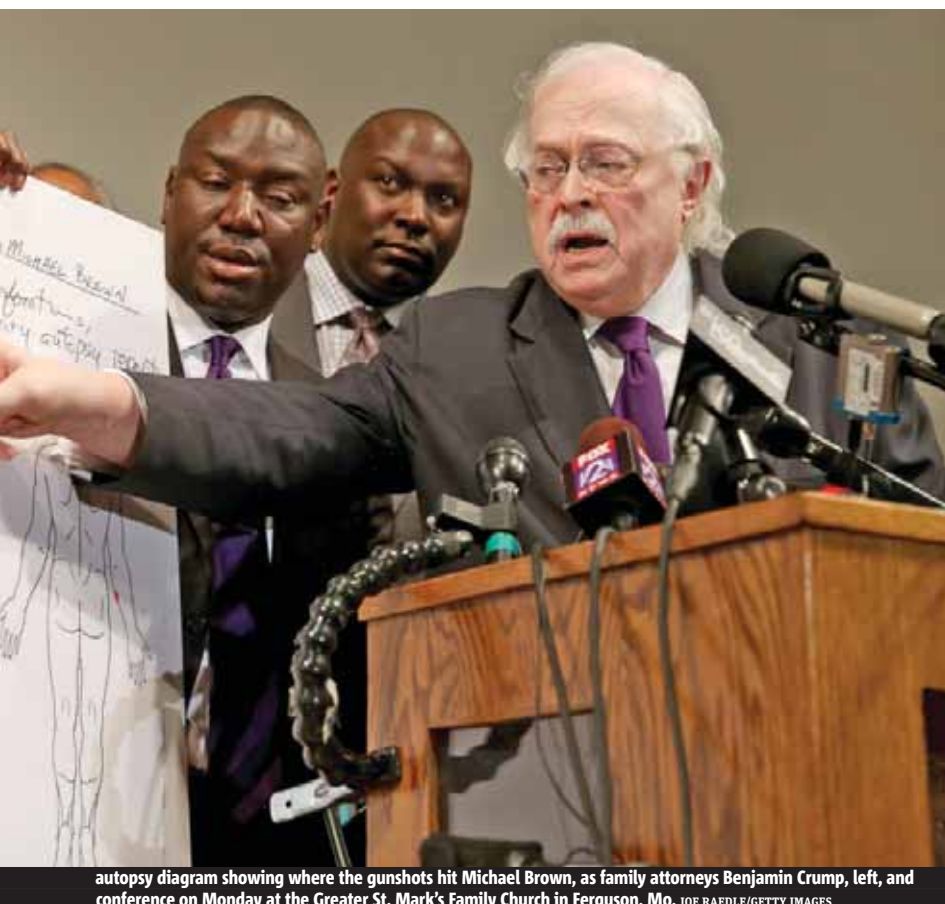
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autopsy diagram showing where the gunshots hit Michael Brown, as family attorneys Benjamin Crump, left, and conference on Monday at the Greater St. Mark's Family Church in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

Avoiding accidents

U.S. administration endorses car-talk technology

The Obama administration said Monday it is taking a first step toward requiring that future cars and light trucks be equipped with technology that enables them to warn each other of potential danger in time to avoid collisions.

A research report released by the National Highway Traffic Safety Administration estimates that the technology could eventually prevent 592,000 left-turn and intersection crashes a year, saving 1,083 lives. The agency said it will begin drafting rules to require the technology in new vehicles.

The technology uses a radio signal to continually transmit a vehicle's position, heading, speed and other information. Similarly equipped cars and trucks would receive the same information, and their computers would alert drivers to an impending collision. **THE ASSOCIATED PRESS**

San Francisco airport

No charges for man accused of posing as TSA worker

Prosecutors say no criminal charges will be filed against a man accused of posing as a Transportation Security Administration agent and privately screening two women at the San Francisco International Airport.

San Mateo County District Attorney Steve Wagstaffe said Friday that the San Francisco man will not face charges in the alleged incident on July 15.

Wagstaffe says it's illegal to impersonate a police officer but not to impersonate a TSA agent.

He says his office opted not to file charges because investigators have not been able to track down the two women and have not found surveillance footage of the incident.

The 53-year-old man was arrested at a security checkpoint in the airport's international terminal after bringing two women into a screening room.

THE ASSOCIATED PRESS

Paris

Armed robbers ambush Saudi prince's convoy

Armed robbers ambushed a car in a Saudi prince's diplomatic convoy on its way to a Paris airport commonly used for private jets, raiding the Mercedes for valuables, then torching and abandoning the vehicle, police and prosecutors said Monday.

Five to eight assailants flashed handguns but fired no shots in the Sunday night attack, the Paris prosecutor's office said. No injuries or arrests were reported.

Rocco Contento of the SGP Paris police union said on BFM television that the car had 250,000 euros in cash and official embassy documents, and that the assailants were well-informed about the car's itinerary.

The Paris prosecutor's office said the Mercedes carried "things of value" but would not confirm the theft of cash or documents.

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IT'S BETTER TO BE A MEMBER

Rivals say Hamas shot activists who defied house arrest

Gaza. Unclear exactly how many Fatah members were hit; shooting victim calls for Palestinian unity

Quoted

"Our guns must be used only against the occupation (Israel)... What happened will not change my belief in unity."

Sami Abu Lasheen, who says he was shot after being ordered to stay indoors

Gaza's ruling Hamas faction placed dozens of activists from Fatah, their political rivals, under house arrest during the Gaza war and shot several in the legs for not staying indoors, Fatah officials said Monday.

Hamas gunmen ordered numerous Fatah activists to stay in their homes for the duration of the fighting, said two spokesmen, Ahmed Assaf in the West Bank and Hassan Ahmed in Gaza.

Assaf said some of those who Hamas believed had ignored those orders were shot, although he said the exact

number of victims is unknown.

Sami Abu Lasheen, 40, said Hamas activists ordered him to stay in his home. After that initial order, he said he sat outside his house from time to time.

"On July 28, masked gunmen came while I was sitting in the yard of my house," he said. "They told me to stand up and they shot me in the legs."

Abu Lasheen suffered multiple leg fractures that will require several months to heal.

Fatah's claims mark the first concrete sign of a Hamas

crackdown on domestic dissent during the Israeli-Palestinian conflict.

Hamas spokesman Fawzi Barhoum denied the group put Fatah activists under house arrest, suggesting some Hamas activists might have acted on their own. Barhoum did not address the shooting allegations.

Despite his injuries, Abu Lasheen still wishes for unity.

"Our guns must be used only against the occupation (Israel)," he said. "What happened will not change my belief in unity."

THE ASSOCIATED PRESS



Liberia searches for missing Ebola patients

Health workers are equipped with Ebola virus prevention gear at an Ebola treatment centre in the city of Monrovia, Liberia. Liberia's armed forces were given orders to shoot people trying to illegally cross the border from neighbouring Sierra Leone, which is closed to stem the spread of Ebola. Seventeen fled from a ransacked Ebola medical centre on Monday and are still unaccounted for. ABBAS DULLEH/THE ASSOCIATED PRESS

Survivor Rupinder Kang with her daughter Mahnisha



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2 in 3 think they can repay student loans in five years

CIBC survey. Bank executive VP applauds students' intentions, but says they may not be realistic

Getting a post-secondary degree can be an expensive endeavour, but a recent survey suggests that most students believe they'll be on track to pay off their student loans within five years of graduating.

The poll from CIBC found that about half of post-secondary students said they would need to borrow money to pay for tuition, living expenses and books.

Although about a quarter expected to owe less than \$10,000 by the time they graduate, almost three quarters expected to owe more than \$10,000, including 40 per cent who said they'd likely be on the hook for \$25,000 or more.

The Canadian Federation of Students says students in On-

Dreams by geography

Another survey, by the Bank of Montreal, found regional differences between where students lived and how much they expected to spend.

- Those who live in Alberta expected to spend the most on back-to-school purchases with an average amount of \$1,236, followed by Ontario students with \$1,204. Those in Saskatchewan and Manitoba expected to spend a combined average of \$857.

tario and the Maritimes have debt loads averaging \$28,000 at graduation, the highest in the country. Yet despite the predictions of big debt, most students remain optimistic about their ability to eliminate it.

Sixty-six per cent surveyed believed they'd be able to pay

down their debt within five years or less, while 34 per cent expected it would take them more than six years.

"While their intentions are admirable, they may not be realistic," said Christina Kramer, executive vice-president of retail and business banking at CIBC.

"As students graduate and look to start their careers, they will likely be moving out on their own, saving for a car or a down payment on a home, or even starting a family. That's why it's important for them to manage the amount of debt they take on, develop a budget that helps them carefully manage their spending while in school and have a plan to pay off debt once they graduate."

The CIBC poll was conducted online by Leger, which surveyed 500 Canadian university or college students between July 10-17. The BMO survey was conducted by Pollara online between Aug. 1-8, with a sample of 600 Canadian post-secondary students.

THE CANADIAN PRESS



Four celebrity judges pick finalists for Tim Hortons' Duelling Doughnuts contest

The Big Canadian Red doughnut, pictured above, created by Nikola Kostic of Toronto, is one of four finalists in the Tim Hortons Duelling Doughnuts competition, as chosen by 90210 actor Jason Priestley, musician Jann Arden, TV personality Ben Mulroney and pastry chef Anna Olson. The winner will be determined by the public — consumers can vote for their favourite on duellingdonuts.ca until Aug. 27. The other finalists are The Lumberjack, created by Judd Mah of Edmonton, The Love Reese's To Pieces, created by Jennifer Brown of Glencoe, Ont., and The Ice Cream Sundae, created by Jennifer Veenvliet of Barrie, Ont.

SADIYA ANSARI/THE CANADIAN PRESS

McDamage control?

At a dinner McDonald's hosted for reporters and bloggers, waiters served cuisine prepared by celebrity chefs using ingredients from the chain's menu.

A Kung Pao chicken appetizer was made with Chicken McNuggets doused in sweet and sour sauce and garnished with parsley. Slow-cooked beef was served with gnocchi fashioned out of McDonald's french fries and a fruit sauce from its smoothie mix. For dessert, its biscuit mix was used to make a pumpkin spice "biznut."



Staff prepare a dinner hosted by McDonald's for reporters, in New York in 2013. THE ASSOCIATED PRESS

The event, held in New York City, was billed "A transforming dining experience of 'fast food'

to 'good food served fast.'"

The dishes aren't intended for McDonald's restaurants. Instead, the evening is part of a campaign by McDonald's to shake its reputation for serving cheap, unhealthy food.

It's just one way McDonald's is trying to change its image. In the past 18 months, the chain has introduced the option to substitute egg whites in breakfast sandwiches and rolled out chicken wraps as its first menu item with cucumbers.

THE ASSOCIATED PRESS

Changing direction?

BlackBerry forms new business unit

BlackBerry Ltd. has created a new business unit that will combine some of its most innovative technology and patent portfolio as the company focuses away from handheld devices.

The unit, to be called BlackBerry Technology Solutions, will be headed by Sandeep Chennakeshu, the former president of Ericsson Mobile Platforms and former chief technology officer of Sony-Ericsson.

"Combining all these

assets into a single business unit led by Sandeep will create operational synergies and new revenue streams, furthering our turnaround strategy," said John Chen, BlackBerry's executive chairman and chief executive officer.

Under Chen, BlackBerry has stripped out much of its consumer-oriented businesses, sold real estate and laid off employees. He told employees earlier this month that the Waterloo, Ont.-based company had completed its downsizing phase and was ready to make acquisitions and do some "modest" hiring. THE CANADIAN PRESS

Market Minute

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TOO SOON TO START COUNTING MY EGGS?

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning “not 30.”

I also happen to share my birthday with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.



SHE SAYS
Jessica Napier
metronews.ca

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling

career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could recalibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face



In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the

moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

“For me, this is a very difficult photographic record,” Castellanos says. “Maybe I have the only, or maybe the last, picture of that person.”

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.



Especially, he wonders about the girl.

“Maybe today she is a woman,” Castellanos wonders. “Maybe she has children. I don't know where she is just now, but this is a face that haunted me.”

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 11 in Scene and page 13 in Life.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

Have you ever seen a panda bear propose to a maiden so fair?



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of “thugs” who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)



SCREENGRAB

Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role



As the titular Frank in *Frank*, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him.

How do people know it's actually you under the head for the entire film?

They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?

It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's



Frank is currently screening in select markets across Canada. CONTRIBUTED

he thinking? Is he asleep in there? There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between

the audience and the mask.

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?

Absolutely. I think definitely when I was at drama school I

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for *Frank*!



→ See the full instructions on Metro's Voices page.

thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?

Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

DVD review



The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The *Amazing Spider-Man 2* wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent *Spider-Man* trilogy was necessary. This latest blockbuster assault wins us over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (*Chronicle*) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film. **PETER HOWELL**

2 SCENE

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Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating

someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pratt was once plucked out of Scooby Doo van obscurity

NED
EHRBAR
Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my



hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.



Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez

in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

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Moves that will fit you to a Tai Chi

Make a stand.

The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN
LISK

Metro in Toronto

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidentally hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their



Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.

ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that

sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves,

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.



→ See the full instructions on Metro's Voices page.

the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their

immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."



Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.



Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.



Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.



Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

VOLUNTEERS NEEDED BRAIN RESEARCH STUDY

If you are interested in becoming involved please contact [Jess McKenzie](mailto:Jess.McKenzie@ubc.ca) at the Pacific Parkinson's Research Centre at 604-822-7764 for more information.

We are looking for healthy volunteers between the ages of 19 & 85 who are interested in participating in research by having 1-2 PET brain scan(s). The purpose of this study is to learn more about normal function of the healthy brain. Your information will allow us to then better understand the function of other people's brains where disease is present. Potential participants should be healthy without any neurological disorder, depression, memory or mood disorders.



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If you are interested or would like some more information, please contact: **Alex Scott** (Assistant Professor, UBC Dept of Physical Therapy): (604) 875-4111 Ext. 21810



Edible insects

Bugs may be nutritious, but are they delicious enough to eat?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Are insects the new energy food?

Before you recoil in disgust, you need to read this. As reported in the September issue of Best Health magazine, crickets, mealworms and other creepy crawlies really could become a common food ingredient in the future. (The topic is to be the focus at an upcoming conference in Montreal, Aug. 26-28, called Eating Innovation: the Art, Science, Culture and Business of Entomophagy.)

As Melissa Greer writes in Best Health, while the idea may be tough to get your head around, it's not that far-fetched: At least



Insects step up to the plate — as a healthy serving of protein. ISTOCK

two billion people worldwide eat insects regularly, according to a 2013 United Nations report. Insects could one day be a staple food, given an ever-growing population plus a projected future shortage of the water needed for crops and livestock.

Many edible insects — beetles, caterpillars, ants, grasshoppers and crickets, to name a few — are rich in protein and good fats, and high in iron. You could call them the perfect nutrition bar — and in fact, we found two examples: Chapul and Exo. Both of these U.S.-based companies promote their

cricket bars as earth-friendly, since crickets can be grown using far less water compared to, say, beef cattle.

And Exo notes that crickets have more than double the percentage protein of chicken. Chapul's are made from baked crickets ground into a powder and mixed with ingredients such as dates, cocoa, honey and oats. Exo's, also made with cricket flour, are free of gluten, grains, soy and dairy.

Do you dare to try them? Has it really come to this?

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Eye symptoms that need emergency attention

See your way to healthy vision. Watch for signs of potentially serious problems



Keep an eye out for serious vision problems. ISTOCK

What to watch for

If you're experiencing any of these symptoms, seek medical attention right away to diagnose and treat what might otherwise be a permanent threat to your vision:

- Eye pain
- Vision loss
- Seeing a halo

- Flashes or floaters
- Bulging or swelling of the eye
- Double vision
- Discharge, crusting or tearing
- Blurred vision that persists

Many people experience temporary eye-related problems such as pink eye (conjunctivitis) from a cold virus or a scratched cornea resulting from an object coming into contact with the eye.

But there are a number of conditions that constitute true eye emergencies which, if not treated promptly, could result in permanent loss of vision.

In these cases, seeking emergency medical attention from an ophthalmologist is essential to preserving or recovering your vision.

Retinal detachment

This can occur when the sensory layer within the eye lifts away from its inner surface, resulting in abnormal electrical impulses (flashes) and debris to float inside the eye and possibly a wavy quality to vision. A laser procedure to reattach the retina may be necessary.

Chemical injuries

The smallest splash of a caustic liquid that is either acidic or worse, highly alkaline, may result in a chemical burn that compromises vision. Immediately rinse with cool running water before seeking medical attention.

Acute glaucoma

This condition causes the fluid pressure within the eye to suddenly increase, which may result in blurred vision, a red eye, nausea and vomiting, the appearance of a halo-like

glow around lights and a hazy cornea. Emergency diagnosis, medication to lower eye pressure and even surgery can be effective.

Retinal artery/vein occlusion

The eye's main blood vessels can become blocked, causing sudden and painless blurring or loss of vision. Treatments include medications, injections or lasers.

Mechanical injuries

Rupturing or perforation of the eyeball can happen from a hard poke or hit while playing sports or from a piece of debris

entering the eye at high speed, such as an errant shaving from a workshop tool. Wearing protective goggles or a shield is essential to prevent these injuries; once they occur, they require immediate ophthalmological evaluation, antibiotics to prevent infection and possible surgery. Do not touch your eye if you suspect there is something stuck in it, as this will only worsen the injury.

Don't put your most vital sense at risk. If you're experiencing any of these or other worrying symptoms, don't wait to consult a doctor. **MARK MELROSE/METRO IN NEW YORK CITY**

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Summer days call for easy eats

Skillet Chicken.

This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT

myfriendinfood.com

This meal comes together in a flash with barely the basics from the fridge. It is a foolproof, adaptive formula that can be cooked on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue. Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine. You really can't mess this one up. It is your go-to "cook's night off" solution.

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast



This recipe serves four. THERESA ALBERT

iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter

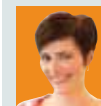
utes.

5. Pour the white wine into the

mixture, add butter and simmer for 1 minute to finish.

Health Solutions

Fresh isn't always best



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day. Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish

- Cooks in minutes and great for stir fries.
- Cook 1/2 cup whole wheat pasta per person. Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts

- Steam and toss with dill.

Frozen broccoli

- Simmer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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metro

CONTINUING EDUCATION

Tuesday, August 19, 2014

KPU online course focuses on eating disorders

As part of its continuing and professional studies program, Kwantlen Polytechnic University (KPU) has launched an online course that focuses on the prevention and treatment of eating disorders.

Prevention and recovery: Eating disorders and disordered eating (PREDEDE) is a self-paced course taught by Dr. Laird Birmingham, who has more than 35 years of treatment experience and pioneered several internationally recognized treatments for eating disorders.

PREDEDE was designed to help working professionals prevent and treat eating disorders, and reduce the likelihood of patient relapse after treatment. The course also features a path for the general public to assist those with loved ones who suffer from eating disorders.

"Of women, one per cent will suffer from anorexia nervosa, three per cent bulimia nervosa, another three per cent binge eating disorder, 30 per cent obesity and most others will diet repeatedly," Birmingham said in a press release.

Students can register for the online course at any time, learn at their own pace and are given six months to complete it. Registration fees are \$1,996. In order to register, visit kpu.ca/cps. To learn more about Birmingham, visit drbirmingham.com.

DANIEL HENDRIKSEN

New and revamped programs

Langara College. Advertising and design course has been retooled for students at Vancouver campus

DANIEL
HENDRIKSEN
For Metro

Langara College has a plethora of new and revamped programs in its continuing studies department.

The advertising and design program — previously called communication arts — has been retooled and is aimed at students pursuing careers in the advertising, communication design and marketing

industry. Students receive industry-relevant training that fosters solid visual, strategic, conceptual, typographic, problem solving, and technical skills. Upon completion, graduates will be able to identify and demonstrate skills in print and digital applications, including layout and composition, usability issues, typography, art direction, idea generation, historical concerns, cultural issues, marketing and branding strategies and

creative research. The program takes place at Langara's Vancouver campus.

New to the continuing studies catalogue at Langara is a certificate program called ideation and creative leadership. Designed for those with a creative nature, students learn to better understand their creative process in order to achieve tangible results from their concepts. The program features four courses: Visual ideation and presentation skills; concept development; creative leadership in groups — igniting innovation; and the innovation lab.

Langara is accepting its second cohort for the registered massage therapy (RMT) program. Langara is the only public post-secondary institution in the province to offer an RMT certificate. The two-year program prepares graduates to become independent health-care professionals and meet necessary requirements to be eligible to complete the provincial licensing exam from the CMTBC.

Also being offered through continuing studies are two accounting programs — professional accounting and advanced accounting.

Students enrolled in professional accounting will learn introductory and intermediate financial accounting, management accounting, law, statistical analysis, as well as other skills. The advanced accounting certificate can prepare students for careers as senior auditors, chief financial officers, chief operating officers, and corporate tax specialists. Registration for September intake is open for both paths.

For more on any of the above programs, and many others, visit langara.bc.ca/continuing-studies.



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JACQUELINE KOVACS
For Metro

Kyle Klein had long been interested in working in the world of emergency response. Over the years, the 25-year-old Toronto native had worked in security, medical response and health and safety, so when he saw that the G. Raymond Chang School of Continuing Education at Ryerson University in Toronto was offering a certificate program in disaster and emergency management, he signed up.

"It took all of those experiences and tied them together," Klein said.

The program also did so without interrupting Klein's day-to-day work as assistant emergency planner for the city of Vaughan, as the courses and class work were all online. Klein graduated from the disaster and emergency management certificate program in June and landed the role of manager of emergency planning at Kwantlen Polytechnic University.

"Being able to learn online made all the difference," Klein said. "It would have been difficult for me to find the time to schedule the course work hours with my work obligations."

Klein's situation is not uncommon — an adult with a full-time job looking to expand his work skills through continuing education. That's why many colleges and universities offer a variety of ways to access continuing education.

"We offer flexible delivery when it comes to learning,"



Kyle Klein is the manager of emergency planning at Kwantlen Polytechnic University. STEFANIA SECCIA/FOR METRO

said Marie Bountrogianni, dean of the Chang School. "We have 70,000 registered continuing education students per year and we provide the largest number of courses online."

But customizing learning is more than classes online versus classes in a classroom. You can also blend those two options, be print-based or simply vary

the number of courses you take at a given time to complete a certificate.

That flexibility extends to the big picture, too.

"If an adult learner is working towards a certificate, and then something in their life changes, the credits earned can be applied to a degree, too," Bountrogianni said. "You aren't

necessarily going to have the same job all your life anymore. Approximately half of our stu-

Online options

"Being able to learn online made all the difference. It would have been difficult for me to find the time to schedule the course work hours with my work obligations."

Kyle Klein, manager of emergency planning at Kwantlen Polytechnic University

dents already have degrees, but they want to improve, they want the skills the market needs."

They also want to get those skills without sacrificing their salaried jobs or time with their families. That's why distance learning was key for Klein, even though he lived within commuting distance of the campus.

"I was able to continue working," he said. "It didn't interfere with family time or with the structure of my job."

He added that already having post-secondary experience was an asset.

"I have a university degree, so I was used to the level of work involved and I knew what to expect."

He also made full use of the technology available to him when he hit a snag or roadblock in the course.

"Rather than going back and forth through email when I had a question, I found out the instructor's office hours and we would speak over Skype."

New and popular

Do you want to know where the job market is opening up? Take a look at the newest offerings in continuing education.

Marie Bountrogianni, dean of the Chang School of Continuing Education at Ryerson University in Toronto, said various industries in need of employees with certain skill sets often approach her school to develop applicable courses.

The newest continuing education courses at many post-secondary schools represent the needs of the modern market.

At Toronto's George Brown College, continuing education students can learn about the world of gaming through the school's game development certificate, an online course, master data mining, data analytics and visualization and more through the data analytics certificate among other certificates — just a few of more than 160 new courses at the college.

JACQUELINE KOVACS

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Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

EARN MBA PART TIME AT NYIT

While the desire to go back to school may be outweighed by the need to work, the NYIT Vancouver campus offers individuals the chance to earn their MBA or MS-INCIS (master of science in information, network, and computer security) — the only one of its kind in B.C. — on a part-time basis.

Domestic students and permanent residents have the opportunity to take classes in during the day or evening, allowing them the

flexibility to maintain employment, while increasing their skills at the same time.

"Students can study and work at the same time, applying the theoretical to the practical, while working professionals can come back to school to enhance their knowledge," says Ravi Muti, a former student, and now marketing assistant for NYIT Vancouver campus.

This program has been designed for working professionals and those who have recently

completed their undergraduate degrees. Only domestic students and permanent residents have the option to study the program part time.

The NYIT MBA program allows students to obtain an American MBA in Canada since NYIT is a global university and offers two concentrations — one in finance, the other in tourism.

For more, visit nyit.edu/canada.



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Tap into benefits of mobile app technology

*Enrich knowledge
with co-op program
at Cornerstone*

Mobile apps have reached the point where businesses and offices can no longer afford to ignore them.

Starting in September, Cornerstone International Community College of Canada (CICCC) will be offering the new web and mobile application co-op diploma program.

"This is the time that businesses finally accept that technology and mobile is not only here to stay, these also offer very compelling benefits," says Baneeta Sharma, dean of the department of IT and online education, CICCC.

"Organizations that embrace mobility for business purposes likely will become not just more efficient, but also places where more people want to work."

Considering the need of market, this course is designed to teach graphics design, website design and mobile apps development for iOS, as well as Android.

This program is 18 months in length — students will take in-class instruction for 12 months and a co-op practicum with



CONTRIBUTED

supervised training at an IT company for six months.

"This will ground the theories they have studied and enrich their knowledge, broaden their career network and give them the much needed industry experience to continue forward as successful professionals in the international information technology industry," Sharma says.

For more information or to register for the Sept. 29 start date, visit ciccc.ca.



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Learn more about CDI College at open house

If it's true that practice makes perfect, then CDI College is producing some of the most perfectly qualified graduates in B.C.

With 26 campuses across Canada and more than 40 years spent preparing students for the country's most in-demand careers, CDI College has mastered the art of practical, hands-on training.

"We begin by only hiring instructors who are themselves highly experienced professionals in their field," says CDI College vice-president Larry Heinzlmeir. "Then we make sure our class sizes are small enough to allow plenty of hands-on learning and one-on-one instruction."

Then comes the practicum placement. A work experience module is part of most CDI College programs, allowing students to hone their skills in a real workplace while also making valuable connections within their industry.

Prospective students can learn about practicum placements and much more at CDI Col-

lege's nationwide open house on Thursday. Each campus will feature demonstrations, a chance to meet students and instructors and information on more than 30 CDI College career-training programs offered in B.C., each one developed in conjunction with key employers.

Campuses are located in Vancouver, Burnaby, Richmond, Surrey and South Surrey, and everyone in attendance will be entered to win one of 26 \$1,000 scholarships.

"Employers in today's labour market care less about what you know and more about what you can actually do," Heinzlmeir says. "You have to know your stuff, but you also have to be ready to hit the ground running and put your skills into action right away. That's why CDI College graduates have been so successful over the years."

CDI College's open house runs from 6-8 p.m. at all six Lower Mainland campuses on Thursday. To RSVP, visit openhouse.cdicollege.ca, or call 1-888-654-4177 for more.



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CDI college

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THE TOOLS YOU NEED TO SUCCEED

VANCOUVER CAREER COLLEGE DESIGNS CURRICULA WITH INDUSTRY EMPLOYERS

You test drive a car before purchasing it, try on a dress before buying it, and even date for a respectable period before getting married. Why should education be any different?

Vancouver Career College is hosting a provincewide open house Thursday from 6-8 p.m., giving prospective students a chance to see firsthand how its accelerated, hands-on programs can help them excel in some of B.C.'s most in-demand careers.

"We design our curricula in collaboration with key employers in each industry," says Dr. Bohdan Bilan, vice-president of Vancouver Career College. "Our students learn the precise skills they'll need to succeed, practise those skills in a real workplace and, in most cases, are ready to enter their career in less than two years."

Vancouver Career College's commitment to up-to-date career training is embodied in the resources its students use to access information. The college has virtually eliminated bulky and easily outdated textbooks in favour of online content and thousands

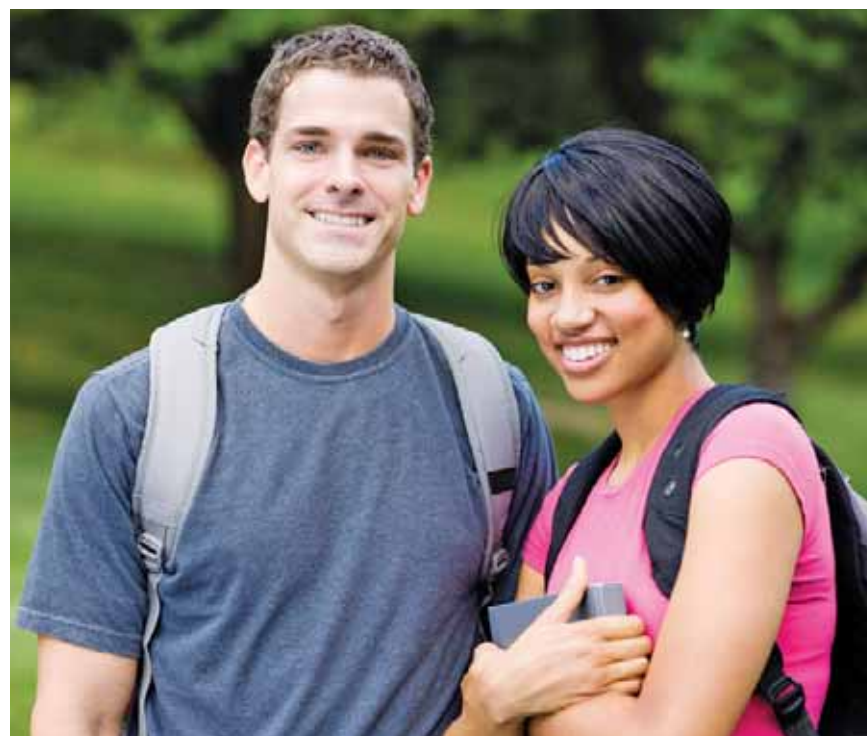
of digital resources that each student can quickly access 24/7 via a tablet or any other Internet-connected device.

"On-the-job experience as part of a practicum placement further bolsters students' career readiness," Bilan says. "Some of them are hired by their practicum host as soon as they graduate."

Vancouver Career College offers more than 40 career-training programs in health care, legal studies, art and design, technology, business, education and the trades. More than 1,000 students graduate each year from its six campuses in Vancouver, Burnaby, Surrey, Abbotsford, Coquitlam and Kelowna.

Attendees of the provincewide open house can chat with Vancouver Career College representatives and instructors, attend demonstrations and much more. Each attendee will also be entered to win one of six \$1,000 scholarships.

To RSVP to a Vancouver Career College open house at any campus, visit openhouse.vccollege.ca or call 1-877-658-3977.



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ANGELA FAMA PHOTOS

Understand the tradition of how fabrics are made

Surface design at Vancouver Community College

Fall, the season of tweeds, plaids, shearlings and velvet, is fast approaching.

Starting in September, fashion students at Vancouver Community College (VCC) won't just be wearing beautiful textures, prints and colours — they will be making them.

In the college's surface design course, students get free reign to experiment with textiles, learning a multitude of techniques to design several projects with their own patterns and textures.

The course is an independent continuing education course open to anyone, and is also offered as part of the college's renowned fashion arts diploma program.

"Surface design is basically manipulating fabrics to create a one-of-a-kind textile," says Kaytee Kilgour, a Vancouver-based textile artist and the course's instructor. "We move away from commercial fabrics and go back to understanding the traditions of how fabrics are made."

Throughout the 12-week course, the VCC fashion studio is converted into a textile lab and students learn and experiment with both traditional and high-tech techniques, including fibre-reactive dyes, discharge methods, fabric paints, water-based resists, photocopy transfers, foil and silk screening, Shibori, and devore techniques.

"VCC sets itself apart by focusing on

ANNUAL GRAD FASHION SHOW

This September, catch surface design from the front row at Fiat Mode XXVII, the VCC fashion arts annual graduate fashion show. Featured techniques will include beading, hand painting, laser cutting and more.

WHEN: Sept. 23 at 7 p.m.

WHERE: The VCC Broadway campus, events space, building B, 1120 East 7 Ave., Vancouver.

TICKETS: \$20 for adults, \$15 for students.

MORE INFORMATION: Visit vcc.ca/fashionshow.

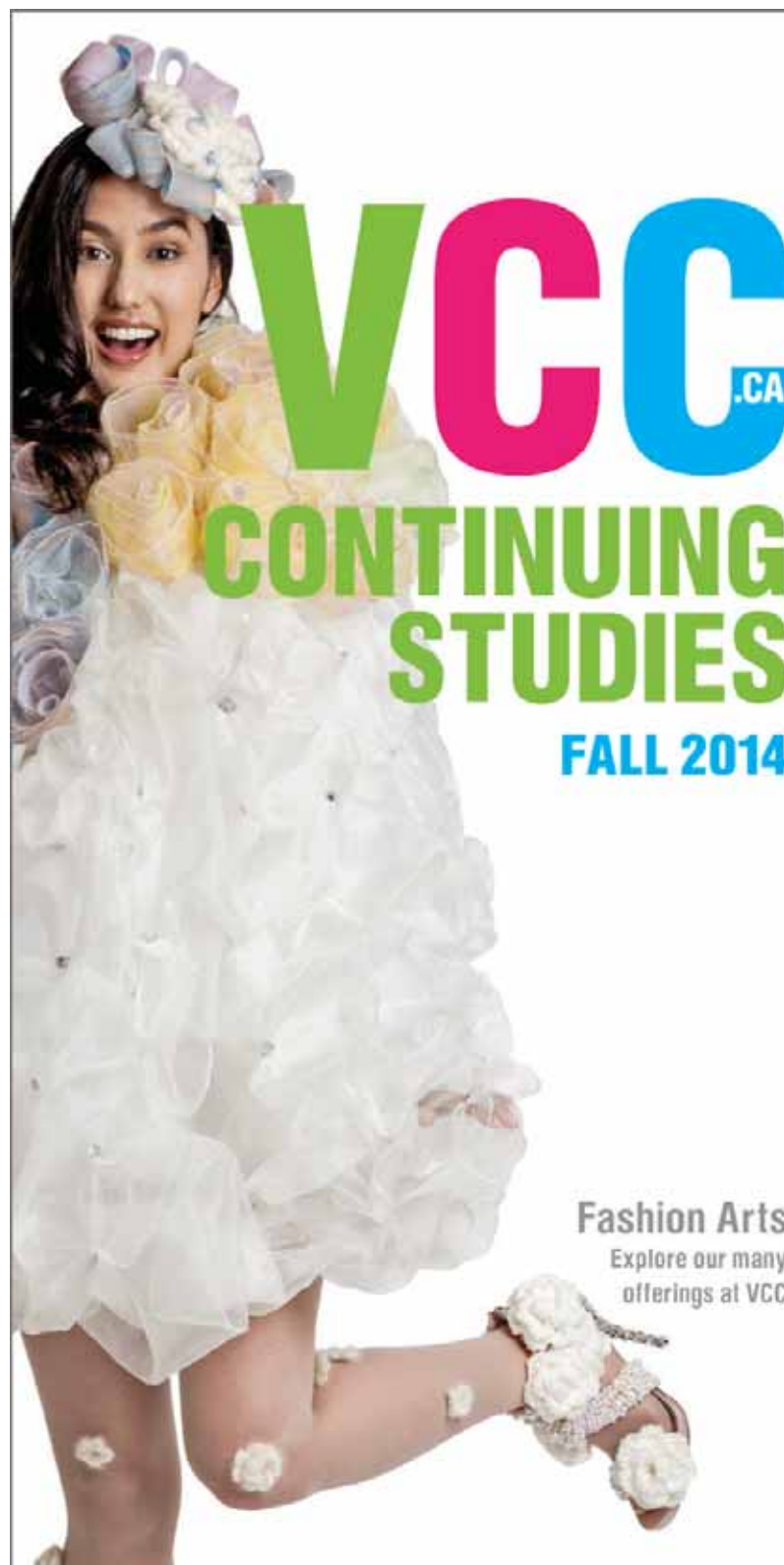
the art, the handmade and the couture," Kilgour says. "The one-of-a-kind surface design approach produces a higher-end product compared to something that's mass-produced."

Surface design students learn many techniques by hand, which helps them bring technical knowledge and perspective to digital and mass-produced fabrics later on.

Many diploma students apply the surface design skills they learn to their final fashion collection for the program.

Students have gone on to study at the world's top design schools, work with local and international design studios, or start their own collections.

For more information or to register for the course, visit vcc.ca/fashion.



VCC
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STUDIES
FALL 2014

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vcc.ca/cs

Big win comes at a big cost for Lions

Injuries aplenty. Many players in danger of losing starting jobs

B.C. Lions coach Mike Benevides had plenty to smile about Monday after his team returned from a big win in Toronto. But some of his players won't share his mood next weekend.

Even after strong performances against the Argonauts, some Lions are in danger of losing their starting or roster spots when B.C. (5-3) hosts the Saskatchewan Roughriders at home on Sunday.

Kick returner-running back Tim Brown appears to be a likely casualty, even though he racked up 168 return yards as the Lions posted their third straight win. With starting tailback Andrew Harris expected to return from an ankle injury, Benevides said Brown has only a "50-50" chance of staying in the lineup due to the balancing act required under the CFL's Canadian and import player ratio.

"I'd love to keep him on, but it's a challenge from a roster-number point of view," said Benevides.

Brown, a 26-year-old Stockton, Calif., native who is in his fourth CFL season, returned one punt for 70 yards and another for 69, setting up a touchdown and a field goal, against the Argos. He played only his second game of the season after spending most of the campaign on the practice roster.

Benevides said he has



Stefan Logan takes off upfield against the Argos in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Making do

"He's winning games for us right now, and he's the one that's healthy, so he's the one that's played the most."

Coach Mike Benevides about Kevin Glenn starting as quarterback.

struggled to keep Brown on the active roster, but it's too difficult to sacrifice an import elsewhere on offence or defence to keep him in the mix.

The coach says he hopes Harris, sidelined in a victory over Hamilton on Aug. 8, will return after showing signs of progress in his recovery early

last week before taking time off to mend.

"With running backs, you never want to risk (a premature return), because (the ankle) is so important to what they do," said Benevides.

Veteran running back Stefan Logan, who rushed for 145 yards on 19 carries and

gained another 49 on receptions against Toronto, will also be affected by the return of Harris. Logan appears headed back to a backup role behind Harris, who leads the league in combined yards with 781 and ranks second in rushing (410).

Changes also loom on the B.C. defence as cornerback Dante Marsh gets ready to return to the starting lineup after missing the game in Toronto due to a hamstring injury.

"It's pretty good," said Marsh. "I feel like I should be able to play this week."

THE CANADIAN PRESS

MLB

Mariners fall to Philadelphia

Jerome Williams took a three-hitter into the eighth inning. Andres Blanco hit his first homer in three years and the Philadelphia Phillies beat the Seattle Mariners 4-1 in an inter-league game Monday night.

Mariners rookie Roenis Elias (9-10) gave up one run and three hits in four innings. The left-hander constantly pitched out of jams after walking six and hitting one batter with a pitch. **THE ASSOCIATED PRESS**

NBA

Ballmer lets it all loose for Clippers

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

Ballmer paid a record \$2 billion for the team in a sale that was confirmed by a judge last week.

THE ASSOCIATED PRESS

Tennis

Nadal pulls out of U.S. Open

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, a week before play begins at Flushing Meadows. **THE ASSOCIATED PRESS**

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

♉ Taurus

April 21 - May 21

You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

♊ Gemini

May 22 - June 21

Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

♋ Cancer

June 22 - July 23

There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

♌ Leo

July 24 - Aug. 23

Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

♍ Virgo

Aug. 24 - Sept. 23

Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

♎ Libra

Sept. 24 - Oct. 23

With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

♏ Scorpio

Oct. 24 - Nov. 22

You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

♐ Sagittarius

Nov. 23 - Dec. 21

These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

♑ Capricorn

Dec. 22 - Jan. 20

Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

♒ Aquarius

Jan. 21 - Feb. 19

Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

♓ Pisces

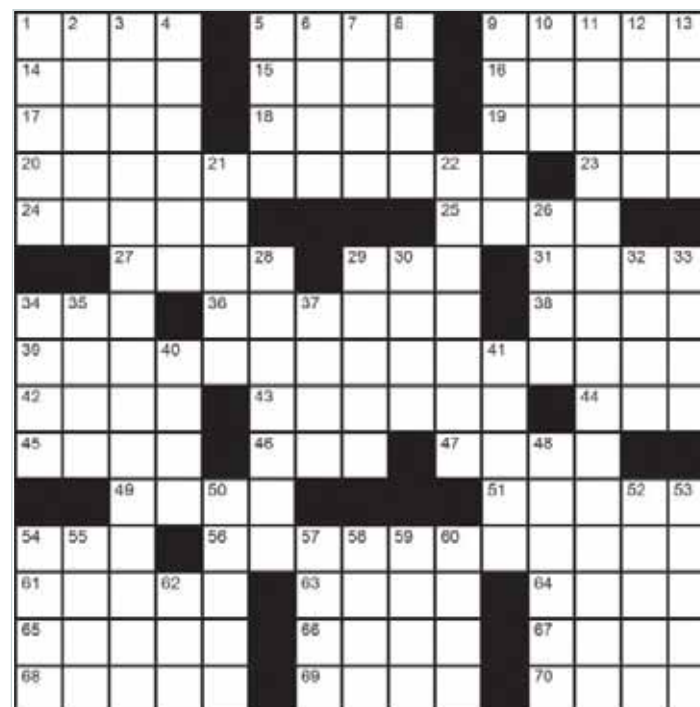
Feb. 20 - March 20

The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mob boss
5. ___ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-___-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "___ what..." (Popeye's credo)
29. Lab subj.
31. "___ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the ___"
44. Fitness system, ___ Bo
45. Umpire's call!



46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good ___ (Nice person)
56. What step dancers dance to: 2 wds.

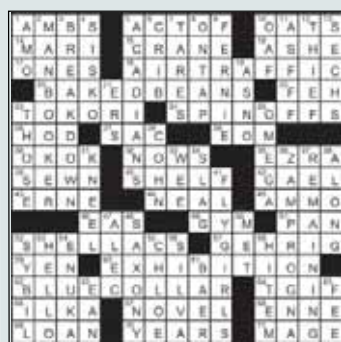
61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down

1. Outfielder's feat
2. "I Was ___ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete ___" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael ___ (London, Ont. born director)
10. Lungs' longing

11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has ___ up one's sleeve
22. New Testament letter
26. Cabo da ___ Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean ___ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "___ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't ___ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-___ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

9	1			2	3			
5			3	1				7
				6	4			
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9

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